



Wellness Practices for Body, Mind, Spirit

April 20 - May 18, 2016

6:00 p.m. - 7:25 p.m.

Royal Oak Public Library and Royal Oak Community Coalition are presenting a 5-part series on Holistic practices that will enhance your wellbeing and help you find optimal health.

April 20

- 6:00 - 6:40 p.m. **"Introduction to Emotional Freedom Technique"** (EFT) also called 'tapping' is similar to acupressure by using the meridian system to reduce or eliminate physical and emotional pain. Learn the basics of a powerful tool that can enhance your life. *Chris Chubenko, Presenter*
- 6:45 - 7:25 p.m. **"You Can Learn to Heal - Therapeutic Touch"** - (T.P.) was first taught to nurses to help patients recover faster by relieving pain and stress. You will learn this simple yet profound technique to benefit yourself and your family- *Fran Levin, Presenter*

April 27

- 6:00 - 6:40 p.m. **"Quick Mindset Changes to Transform Toxic Relationships"** *Ruth Wilson, Presenter*
- 6:45 - 7:25 p.m. **"Introduction of Meditation and Chair Yoga."** *Heather Cutlip, Presenter*

May 4

- 6:00 - 6:40 p.m. **"Awakening Your Gifts"** You will learn a simple process to realize and empower your innate presence on the planet through alignment of your mind, emotions and sexuality. - *Barbara White, Presenter*
- 6:45 - 7:25 p.m. **"Art Therapy"** You will explore the field of Art Therapy and its applications among individuals of all ages and abilities. Come learn the benefits of art therapy and take part in an art experiential. *Erin Shahly MEd ATR and Tessa Bird, MEd ATR-BC, Presenters*

(More)

May 11

- 6:00 - 6:40 p.m. **"Chakra Healing with Dory"**
A holistic approach to balancing chakras. You will learn what each chakra represents, how to clear energy cords, and add balance to your day. *Dory Jolin, Presenter.*
- 6:45 - 7:25 p.m. **"Wise Earth Naturals"** Products we put on our skin is absorbed into the blood stream and organs that may cause unneeded stress on our body systems. You will learn how using ingredients that are as close to nature as possible will help you retain healthy skin. *Mary Curry, Presenter*

May 18

- 6:00 - 6:40 p.m. **"Discover the Benefits of Therapeutic grade Essential Oils"**. You will have an opportunity to try on, inhale and discover firsthand the benefits oils can have on mind, body and soul and explore the health benefits they offer. *Jennifer Clark and Suzanne Gossett Awan, Presenters*
- 6:45 - 7:25 p. **"How sugar is ruining your health...more than you think"**. *Tina Maruszewski, D.C. Presenter*

To Register: Call the Royal Oak Public Library at 248-3700 adult desk.
222 E. 11 Mile Road
Royal Oak, MI